



Feed the Future Country Fact Sheet

Online Version: <https://www.feedthefuture.gov/article/small-beans-big-potential-feed-future-recipe-contest>

Small Beans With Big Potential: Feed the Future Recipe Contest



Photo by Marguerite Halversen

Looking to make delicious bread? Use beans. Want to stretch your taco mixture? Add beans. Don't think beans go with sweets? Think again! Tired of eating the same thing for breakfast? Try some mung bean pudding!

Beans are one of the most versatile foods around. They're also a great source of nutrients, protein and fiber. And this year, in keeping with the United Nations' declaration of 2016 as the "International Year of the Pulse," Feed the Future's annual recipe contest spotlights one kind of pulse: the mighty bean.

Beans might be small, but they have big potential when it comes to fighting hunger, poverty and malnutrition.

That's why Feed the Future is helping rural families grow and eat more beans, developing heartier varieties, and keeping them on the dinner table despite climate challenges. By working with businesses, civil society, researchers, and governments, we're helping deliver on agriculture's promise to provide a path out of poverty and hunger for smallholder farmers and their families with humble crops like beans.

Join us this fall in celebrating the potential beans have to provide farmers with ways to improve their nutrition and increase their income – by sharing a recipe!

Check out the submission requirements and rules below and then send us your favorite recipe that features beans. While you're at it, let us know what makes the recipe meaningful to you.

Submissions due by November 18, 2016, to ftfrecipe@gmail.com.

Update: The contest is now closed. Check back next year to participate and view the [winning 2016 entries](#) on our blog.

Our panel of judges will vote on their favorites and we'll notify the winners via email around Thanksgiving. Winning recipes will get top billing on Feed the Future's social media and blog.

Submissions Requirements

- Each recipe must be an original submission by the individual or organization sending it in and must not infringe on anyone else's copyright (e.g., no copying from Pinterest unless it's yours).
- Recipes must be submitted in English and should be no longer than 1,000 words.
- Recipes must include a full list of ingredients and measurements (in U.S. measurement units), as well as specific cooking instructions.
- Recipes should not include brand names. Please list all ingredients using generic names only.
- Recipes should be non-alcoholic (so anyone can enjoy them!).
- Please include your name and home U.S. state in your submission.
- Submissions with high-quality and high-resolution photos and videos are highly recommended!
- Not sure where to get started? [Here are some examples](#) for inspiration.

Please make sure you read all the contest rules below before submitting a recipe.

Contest Rules

- Only one submission per individual or organization is allowed. If there is a dispute about who submitted a recipe, we will consider the registered email or social media account holder as the submitter.
- We may reject, disqualify, or disallow any submission we deem inappropriate, in violation of contest rules, or for any other reason in our sole and absolute discretion. We may, in our sole discretion, edit, adapt or modify your submission.
- Submission of a recipe and related media (photos, videos, etc.) constitutes your certification that it is your own original work and does not infringe the intellectual property or proprietary rights of any third party.
- You agree that USAID and/or other individual [U.S. Government Feed the Future partners](#) who use the recipe and related media will not be responsible for the infringement of any third-party rights that may arise as a result of your actions or omissions.
- Your submission represents irrevocable consent that USAID and/or other individual U.S. Government Feed the Future partners may reproduce, publish, and/or otherwise use your recipe and/or related media in materials (including digital and print media) related to Feed the Future.
- You agree to incur in full any costs associated with participation in this contest and to indemnify and hold harmless USAID from any claims, damages, liabilities, expenses, or losses that arise from participation in this contest.
- You must be 18 or older to participate in this contest. To protect children's privacy, please do not include any personally identifiable information about your child, such as names and addresses, in your submission. Do not include your child or other people in related material, such as photos.

By submitting a recipe and related material to this contest, you certify that you have read, agreed to, and are following all the submission requirements and contest rules listed above.

Want to contribute but don't have a recipe that meets the contest criteria above? Share on Twitter or Facebook using the hashtag #EndHunger to join the conversation on ending hunger and poverty!

Find out how Feed the Future is helping [end global hunger](#).

Learn More About Beans

- [Little Beans, Big Opportunities](#)
- [Keep Your Finger on the "Pulse" of Development](#)
- [Surprising Facts About Pulses You Might Not Know](#)
- [Feed the Future Innovation Lab for Climate-Resilient Beans](#)
- [Feed the Future Innovation Lab for Grain Legumes](#)